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July 15, 2013

For Immediate Release

COOLING CENTERS TO AGAIN OPERATE

Middletown – With another heat wave about to bear down on the area, Mayor Dan Drew has announced that the City of Middletown will again open cooling centers in an effort to help residents cope with the heat wave. The cooling centers are expected to continue operation through Friday.

Residents who are in need of respite from the heat are encouraged to seek air conditioned comfort in the Municipal Building Council Chambers, 245 Dekoven Drive, from 8:00 A.M. – 7 P.M., or in the lobby of the Middletown Police Department, 222 Main Street, which is open 24 hours a day. Other public facilities will be available such as the Russell Library on Broad Street. The Middletown Senior Center on William Street will also be available. These facilities will be open for public use during their normal hours of operation. The Council Chambers will have bottled water available on a limited basis.

Transportation may be provided to the cooling center. Arrangements can be made by calling Middletown Area Transit (MAT) at 860-346-0212 (Ext. 2) until 6 P.M. each day.

Cooling Centers 2-2-2

The City of Middletown will also be opening fire hydrant sprinklers though Friday as well. The designated times and locations as follows:

- The Highlands Crescent Drive bus stop from 12 P.M. – 4 P.M.
- Maplewood Terrace from 2 P.M. – 5 P.M.
- Summer Hill Road and Woodbury Circle from 2 P.M. – 5 P.M.
- Macdonough School from 12 P.M. – 3 P.M. and 6 P.M. – 8 P.M.
- Santangelo Circle from 12 P.M. – 3 P.M.
- Daddario Road from 6 P.M. – 8 P.M.

City health officials state that although anyone at any time can suffer a heat related illness, some people are at greater risk than others including: infants and young children, people aged 65 or older, those with a mental illness, and those that are physically ill with heart disease and/or high blood pressure.

The combination of high temperatures and humidity can cause heat related illnesses such as hyperthermia and heat exhaustion. The most serious form of hyperthermia is heat stroke which is characterized by a body temperature of 105 degrees. Symptoms may include disorientation, delirium, and coma. Onset is rapid and progression to becoming life-threatening may only take a few minutes. Anyone in this condition should seek immediate medical attention. Heat exhaustion is a milder form of hyperthermia and may occur after several day of exposure to heat combined with inadequate fluid intake. Symptoms may include dizziness, weakness, and fatigue.

Cooling Centers 3-3-3

The best defense against heat related illness is prevention. Drink more fluids and do not wait until you are thirsty. It is also advised that people wear light weight, loose fitting clothing. Stay indoors if possible in an air conditioned place. Never leave anyone, especially children and/or pets in a closed, parked vehicle.

Please refer to the City of Middletown web site (www.cityofmiddletown.com) and Comcast Channel 19 for additional information.

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